



## **Interim Coronavirus disease 2019 (COVID-19) Information for Local Health Departments on Monitoring High and Medium Risk Individuals**

**March 20, 2020 (replaces version dated March 17, 2020)**

### **What do I need to know about people who may have been exposed to COVID-19 who reside in my county?**

CDC has created 3 levels of exposure risk (high, medium, low) for individuals who have had contact with people confirmed to have COVID-19 or those travelling from affected geographic areas with widespread transmission. Information on these risk categories, their recommended movement guidance, and travel recommendations is available here: <https://www.cdc.gov/coronavirus/2019-ncov/php/risk-assessment.html>

### **What are my responsibilities?**

**Identification and notification of close contacts to confirmed cases is not required. Health departments who are able to continue contact investigations and notifications for all cases can do so at their discretion.** If the health department chooses to conduct a contact investigation, the local health director or his/her designee initiates contact of the individuals and instructs the contacts in self-monitoring. The purpose of this monitoring is to ensure that an individual with epidemiologic risk factors who becomes ill is identified as soon as possible after symptom onset so they can be rapidly isolated and evaluated. NC DPH is not requesting documentation of contact investigations, if conducted.

To conduct a contact investigation, please **follow these steps**:

1. **Review** the CDC's Interim US Guidance for Risk Assessment: <https://www.cdc.gov/coronavirus/2019-ncov/php/risk-assessment.html> to familiarize yourself with the exposure risk categories and the reasoning behind the need for monitoring and movement recommendations.
2. **Contact the person under monitoring and conduct an initial interview.** Please familiarize yourself with the questions in the interview form before attempting contact.
  - a. During your first contact with the person under monitoring, consider conducting a **needs assessment**. A needs assessment can include determining that the person's basic requirements are met (e.g., for a person who is requested not to travel by public conveyance and does not have a private vehicle, access to food, facilitating bill payment if unable to work, prescription refills for chronic conditions, etc.).
  - b. After completion of the initial interview, use the information they provided and the table below to **determine the person's risk category**.
3. **Send** the person under monitoring the following documents:
  - a. 1a\_Instructions for Monitoring - Information for persons under monitoring about their requested movement and monitoring recommendations.
  - b. 2\_PUM\_Symptom Self-monitoring log – This is a log for the person under monitoring to evaluate themselves for symptoms twice per day.
  - c. 3\_PUM\_VisitorVenue Log – this is a log for persons under monitoring to record any visitors to their home or locations they visit during monitoring

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- d. 4\_PUM\_Guidance – This document details the movement and monitoring recommendations being requested by DHHS. Please be sure the person under monitoring understands this document and get a verbal, emailed or signed confirmation of their understanding.

### **What do the persons under monitoring have to do?**

Persons under monitoring should do the following:

- a. Limit their movements as recommended in the chart and in the **PUM\_Guidance** document
- b. Monitor themselves for symptoms 2 times per day using the **PUM\_Symptom Self-monitoring log**
- c. Track any visitors to their home or places they have visited during their monitoring period using the **PUM\_Visitor Venue Log**
- d. Call their local health department if they develop symptoms during the monitoring period.

### **How long should they do this for?**

Persons under monitoring should limit movements and perform symptom self-monitoring for 14 days from their date of last exposure (either date of departure from a COVID-19 affected area, date of last contact with a confirmed case, or date of patient's recovery for those with close regular contact with a confirmed case.)

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Table 1: Summary of CDC Recommendations for Management of Exposed Persons by Risk Level and Presence of Symptoms

Risk Level	Management if Asymptomatic	Management if Symptomatic <sup>1</sup>
High risk	<ul style="list-style-type: none"> <li>Quarantine (voluntary or under public health orders) in a location to be determined by public health authorities.</li> <li>No public activities.</li> <li>Daily active monitoring, if possible based on local priorities</li> <li>Controlled travel</li> </ul>	<ul style="list-style-type: none"> <li>Immediate isolation with consideration of public health orders</li> <li>Public health assessment to determine the need for medical evaluation; if medical evaluation warranted, diagnostic testing should be guided by NC's <a href="#">PUI definition</a></li> <li>If medical evaluation is needed, it should occur with pre-notification to the receiving HCF and EMS, if EMS transport indicated, and with all recommended <a href="#">infection control precautions</a> in place.</li> <li>Controlled travel: Air travel only via air medical transport. Local travel is only allowed by medical transport (e.g., ambulance) or private vehicle while symptomatic person is wearing a face mask.</li> </ul>
Medium risk	<b>Close contacts in this category:</b> <ul style="list-style-type: none"> <li>Recommendation to remain at home or in a comparable setting</li> <li>Practice social distancing</li> <li>Monitoring as determined by local priorities</li> <li>Recommendation to postpone long-distance travel on commercial conveyances</li> </ul>	<ul style="list-style-type: none"> <li>Self-isolation</li> <li>Public health assessment to determine the need for medical evaluation; if medical evaluation warranted, diagnostic testing should be guided by NC's <a href="#">PUI definition</a></li> <li>If medical evaluation is needed, it should ideally occur with pre-notification to the receiving HCF and EMS, if EMS transport indicated, and with all recommended <a href="#">infection control precautions</a> in place.</li> <li>Controlled travel: Air travel only via air medical transport. Local travel is only allowed by medical transport (e.g., ambulance) or private vehicle while symptomatic person is wearing a face mask.</li> </ul>
	<b>Travelers from areas with widespread transmission:</b> <ul style="list-style-type: none"> <li>Recommendation to remain at home or in a comparable setting,</li> <li>Practice social distancing</li> <li>Self-monitoring for symptoms</li> <li>Recommendation to postpone additional long-distance travel on commercial conveyances after they reach their destination</li> </ul>	
	<b>Travelers from areas with sustained community transmission:</b> <ul style="list-style-type: none"> <li>Practice social distancing</li> <li>Self-observation</li> </ul>	

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Table 1: Summary of CDC Recommendations for Management of Exposed Persons by Risk Level and Presence of Symptoms

Risk Level	Management if Asymptomatic	Management if Symptomatic <sup>1</sup>
Low risk	<ul style="list-style-type: none"> <li>No restriction on movement</li> <li>Self-observation</li> </ul>	<ul style="list-style-type: none"> <li>Self-isolation, social distancing</li> <li>Person should seek health advice to determine if medical evaluation is needed.</li> <li>If sought, medical evaluation and care should be guided by clinical presentation; diagnostic testing for COVID-19 should be guided by CDC's <a href="#">PUI definition</a>.</li> <li>Travel on commercial conveyances should be postponed until no longer symptomatic.</li> </ul>
No identifiable risk	<ul style="list-style-type: none"> <li>None</li> </ul>	<ul style="list-style-type: none"> <li>Self-isolation, social distancing</li> <li>Person should seek health advice to determine if medical evaluation is needed.</li> <li>If sought, medical evaluation and care should be guided by clinical presentation; diagnostic testing for COVID-19 should be guided by CDC's <a href="#">PUI definition</a>.</li> <li>Travel on commercial conveyances should be postponed until no longer symptomatic</li> </ul>

<sup>1</sup>For the purpose of this document: subjective or measured fever, cough, or difficulty breathing.

<sup>2</sup>Any individual who has had contact with a confirmed case of COVID-19 and later develops symptoms should **CALL AHEAD** and inform their provider they may need to be evaluated for COVID-19 before visiting any health care facility so that appropriate precautions can be taken.

\*Individuals who have interactions with a person with symptomatic COVID-19 infection that do not meet any of the high-, medium- or low-risk conditions above, such as walking by the person or being briefly in the same room, do not have any movement or travel recommendations.

\*\*CDC has specific guidelines for travelers on planes and airline crew members – see guidance here: <https://www.cdc.gov/coronavirus/COVID-19/php/risk-assessment.html> or call CDB Epi on Call at 919-733-3419 for additional information.